

MONTGOMERY COUNTY DEPARTMENT OF RECREATION

Sports Office
4010 Randolph Road
Silver Spring, Maryland 20902
240-777-6870

ADULT SOCCER RULES

I. Player Eligibility

- Each team shall be limited to twenty four (24) players on their roster, the team manager and coach are included in the roster limit unless stated in writing that they do not intend to play. Exception: 26 player limit in Women's Masters.
- The team manager is required to submit a completed typed or hand printed team roster **one week before the first game.** A team may change their roster by submitting a player roster **ADDITION AND DELETION** form to the Sports Office prior to the third game.
- A player may only be on one roster of any men's, women's, or co-rec team per league (i.e. one men's open, men's 35+, etc).
- Coaches should have a copy of the team roster with them at each game.
- A player shall be officially released in writing by the team manager, using the player Add/Delete Roster form, before he/she may sign with another team.
- Any team using a player not on their roster or a player under the age limit shall automatically forfeit each game the player participated in. Players under 18 years of age or still in High School are not eligible to participate in any of the leagues. If a team uses a player under an assumed name or a player that has been suspended, that team shall be dropped from the league and all team players will be suspended from league play for one (1) year. Each game played with the ineligible player and all scheduled games not played, shall be forfeited to the opponents.
- Protests as to the use of an ineligible player are the only acceptable form of protest. An ineligibility protest must be submitted in writing to the Department within 48 hours after the completion of the game.
- Any team dropped from the league, after the schedule has been completed, or due to league violations, shall forfeit their entire franchise fee.
- No active professionals are allowed to participate in the league.
- Players in age limit leagues must turn that age during the calendar year in which the matches will be played to meet the minimum age requirement. Thus, a player must turn that age by December 31st of that year to be eligible.
- Players in men's open, men's 35+, men's 45+, and men's 55+ leagues must submit a photo ID that provides the date of birth (i.e., driver's license, passport, MVA ID, MCRD ID) at each match. If an ID is not provided, that player will not be permitted to play. Any player in the field of play found without submitting an ID

will result in forfeiture of game. All players must provide a photo ID for the playoff tournament.

- Manager's in the co-rec leagues will be responsible for checking the eligibility of the opposing team before each league game. Each player will submit a photo ID or that player will not be permitted to play.
- The home team in the women's and co-rec leagues is responsible for submitting a game report for each league match. Failure to submit a game report will result in a deduction of one point in the standings for the home team.

II. **Playing Rules**

- Unless modified by this set of rules, all games shall be played in accordance with the most current F.I.F.A. rules.
- A game must start with a minimum of eight (8) players.
- Co-Rec League: a team shall consist of eleven (11) players, no more than six (6) of one sex. There must be a minimum of eight (8) players, no more than a maximum of six (6) players of one sex to begin the game. Substitutions shall be unrestricted by sex as long as a team does not exceed six (6) of one sex.
Each goal scored by a male shall count as one (1) point. Each goal scored by a female shall count as two (2) points. A 2-point woman's goal is scored when the last offensive player to touch the ball is a woman and the defense has not clearly collected and controlled the ball after her touch prior to the score. **Exceptions:** the score was from a defensive misplay or a woman kicks into her own goal, it shall be a one (1) point goal. Penalty kicks will only count as (1) point for both sexes.
- Substitutions shall be unlimited and may be made with the consent of the referee at the following times:
 1. Prior to a throw-in, by the team in possession, by either team.
 2. After a goal or goal kick, by either team.
 3. After an injury stoppage, one for one.
 4. At half time.
- Game Playing Time:
Men's 35+, Men's 45+, Men's 55+, Men's Open, Women's Masters - two (2) 45 minute halves
Co-Rec - two (2) 40 minute halves
- Grace Period - for all league games the clock will start at the scheduled starting time. After fifteen (15) minutes on the game clock has expired, the game officially will be declared a forfeiture if the team(s) does not have the minimum number of players required or the team is not prepared to play.
- Every player must wear a unique numbered jersey of the same color for the entire game. The number must be six (6) inches or larger. A team is allowed only one player without a number, that player will be designated zero (0), if no other player is wearing the number zero (0) or double zero (00).
- Appropriate soccer shoes or sneakers must be worn. No metal spikes are allowed. Shin guards are required.
- If a team forfeits two games in a season, the team can be dropped and no refund will be issued.

- The home team is listed second on the schedule and is responsible for supplying the game ball. In addition, the home team is required to change jerseys if there is a color conflict.
- Female players may protect themselves above the waist by “gluing”, i.e. using hands to cover an area susceptible to injury by the ball.
- Slide tackling is not permitted in the following leagues: Men’s 45+, Men’s 55+, Women’s Masters, and all Co-Rec Divisions. A slide tackle is defined as a player leaving their feet to play the ball within the proximity of an opposing player. Penalty: indirect free kick from the spot. The referee has the ability to issue either a yellow or red card if the act is deemed to injure or is from behind.
- Playoff games ending in ties will be decided by the following:
 1. two (2) ten-minute overtime periods, golden goal
 2. FIFA penalty kicks

III. Disciplinary Action

- Any player receiving a red card is suspended for a minimum of one (1) game (the next game played by that team). If a player receives a second suspension in a season that player is suspended for one year.
- Any player receiving a yellow card will leave the playing field for ten (10) minutes, a substitute player is permitted. Any player accumulating three (3) yellow cards in different games of a season will be suspended for a minimum of one (1) game. The second suspension will be for one year.
- All team managers are responsible for their players and spectators. If any player or spectator runs onto the field of play during a game (except when substituting), the game will be declared over by the referees and declared a forfeiture by the Recreation Department.
- Any player, manager, or coach who approaches a referee in a negative manner after the conclusion of a league game shall be suspended for at least one (1) game.
- Any player who makes contact, physically strikes, or verbally threatens any official will be suspended from all Montgomery County Department of Recreation sponsored activities for one year from the date of the incident.
- Any player who physically strikes or verbally threatens another player shall be suspended from all Montgomery County Department of Recreation sponsored activities for one (1) year from the date of the incident. If the physical altercation involves more than two players from a particular team, that team shall be suspended from the league for at least one (1) year from the date of the incident.
- Any player wishing to appeal a red card must submit an appeal in writing within 72 hours of the red card being issued to the league director.
- Any team who violates the M-NCPPC regulations regarding the possession or consumption of alcoholic beverages or use of illegal substances on park/school property shall be suspended for the remainder of the season and dropped from the league.

IV. Official Scorer/Field Supervisor (if applicable)

- On fields without supervisors, the home team is responsible for submitting a game report form to the Recreation Department after the completion of the match. In addition, all yellow and red cards handed out at the match must be reported at this time. Failure to report the score or cards issued within 48 hours after the completion of the match will result in no points awarded to either team.
- The Field Supervisor is responsible for setting up the equipment (corner flags and nets).
- In case of rain or inclement weather, please call 240-777-6889 for cancellation decisions after 7:30 a.m. on the day the game. If weather conditions change during a game, it will be up to the game officials to make the decision regarding the cancellation of the game. If a game is cancelled at the game site, the home team manager of the game is responsible for calling the managers of the next game and the League Director, and it is their responsibility to call the next two managers.
- The Field Supervisor has the responsibility to promote safety in the game and can take action in preventing continuous unsportsmanlike play by notifying officials and team managers of unsportsmanlike acts.
- Women's Masters, Co-Rec Leagues: The first two teams of the day have the responsibility to set up the nets and corner flags and the last two teams take down. The home team manager of the last game keeps the equipment and is responsible until the following week.

V. Tie Breakers

Standings will be based on the following:

- League record, three (3) points for a win, one (1) point for a tie, zero (0) points for a loss, and negative one (-1) point for a forfeit.
- Head to Head Competition
- Goal Differential
- Goals scored against for entire season
- Goals scored for during the entire season
- Coin Toss

VI. Awards

- Awards shall be as follows:

Division Champion	24 player awards
Playoff Champion (if applicable)	1 team award
Playoff Runner-up	1 team award

VII. Temperature Rule

Whenever the temperature becomes a concern with the players due to extreme heat, games can be reduced to four (4) 20 minute quarters (with five minute breaks between quarters). This decision must be reached before the game begins and **both teams must agree.** If one

team fails to agree then the game will be played as normal. Once this option has been agreed to, the decision cannot be changed at any point during the game. Teams must remind the referees that this option does exist.

VIII. Team Placement

A team that places first within their division must automatically move up within the league and a team that places last will automatically move down. Any changes or additions to this rule must be approved by the League Director.